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BALLER REEL
RATCHET UP MARCH MADNESS WITH THESE FOUR FLICKS {page 9}

CYRUS
ACHY BREAKY CHANGE OF HEART {page 10}

CALGARY
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Monday, March 21, 2011
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News worth sharing.

ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

▶ Libyan men celebrate on a destroyed tank belonging to the forces of Moammar Gadhafi in the outskirts of Benghazi, eastern Libya, yesterday. The tanks were destroyed earlier by U.S. and allied airstrikes.

Rallying against regimes

Calgarians of Libyan and Yemeni descent gather to show support for uprisings Fear further casualties

CAROLINA NOVOTNY
CALGARY@METRONEWS.CA

Numerous black, green and red flags were flying in front of city hall yesterday as protesters gathered to show continued support for the plight of Libyans.

Over the weekend, UN coalition forces took to the skies to enforce a no-fly zone over Libya, according to reports. Though it was welcome news for Libyan-Calgarians, many recognized it may not signal an end to the conflict.

"It's disappointing that it took five weeks, but we welcome (UN intervention)," said an emotional Anas Ahmed. The Libyan-Calgarian lost an uncle in the uprising in Tripoli just last month.

"There will be an end, but things will get worse first," he said. "We've paid the price for (uprising) with our blood."

While Libyan television is reporting more than 100 civilians were killed in the UN airstrike, Ahmed believes such reports to be fabricated by Gadhafi's forces. "He is the one bombing hospitals and blaming the foreign invasion for it."

CAROLINA NOVOTNY/FOR METRO

▶ Nagib Al-Udaini, originally from Yemen and living in Canada since 2002, brought his two-year-old daughter Esraa to the rally yesterday.

Alongside the Libyan flag, many Yemeni flags were also on display at the protest.

"Because of what is happening in Japan and Libya right now, people don't know what is happening in Yemen right now — more than 50 people were killed in one night," said Muna Qasem displaying a Free Yemen sign at the protest.

Caregiver faces charge

Police find man sitting in his own feces {page 3}

Trapped under the rubble

Teen, grandmother rescued 9 days after earthquake {page 6}

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AMVIC LICENSED

Education advocacy group kicks into gear

Parent advocates and former trustee candidates have joined forces to correct a perceived lack of transparency within the Calgary Board of Education.

The Association for Responsive Trusteeship in Calgary Schools (ARTICS) recently established a six-member executive board and plans to draw attention to important education issues, said chairperson Larry Leach.

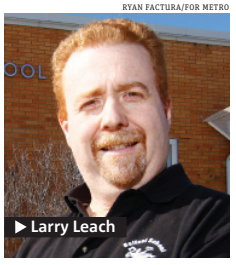
"I just think they need to be more available to share information with parents," Leach said of the CBE. He pointed to frustrations within his Crossroads community, which faces the prospect of losing its English regular program at area school Mayland Heights, as an example where parents feel left in the dark.

But CBE spokesperson Richard Peter pointed to the organization's website, where meeting agendas and minutes are posted regularly, as one of many efforts to be accountable to the public. Despite ARTICS' criticism, Peter said he is pleased to the see the group formed.

"If there are other groups of people who would like to come together and participate in a constructive dialogue that improves education for students in Calgary, we are excited to be part of that," he said.

JEREMY NOLAIS

RYAN FACTURA/FOR METRO



▶ Larry Leach

METRO FILE

▶ Time is dwindling away for the city and the airport authority to come to terms on the airport tunnel.

City, airport looking to sign off on tunnel

Council to receive update on negotiations between the city and the airport today ◐ Aldermen approved the $295-million project in February

KATIE TURNER
CALGARY@METRONEWS.CA

Time is ticking for city council to strike a finalized deal with the Calgary Airport Authority as the city could shoulder additional costs for the airport tunnel if there are delays.

Although construction of the runway expansion is set to begin in a matter of weeks, Ald. Gord Lowe said the city has yet to assign a due date to the deal.

"What I do know is any delay in the project, the costs incurred by the Airport Authority comes back to the City of Calgary," he said.

Ald. Brian Pincott said it's possible the project could reach a dead end.

"We have literally used every single penny of available money for the next six years to find that $295 million," he said.

"If it's higher than that, we have nowhere else to look for money."

Ald. Jim Stevenson said he's confident a finalized deal is on the horizon but should additional costs come up, the airport tunnel could be buried.

"If the city starts to incur costs then that's going to go outside the envelope and we would have to call an end to the whole thing."

For more local news, visit metronews.ca/calgary

Preparing land

Spokesperson for the Airport Authority Jody Moseley said the Authority has already begun preparing the land for the runway expansion.

1 She said construction will start "immediately" after the closure of Barlow Trail between 48 Avenue NE and Airport Road on April 3.

Man found sitting in feces, caregiver charged

Calgary police have charged the caregiver of a mentally challenged Crowsnest Pass resident found bathing in his own feces at a hotel Saturday.

Police were called to the Comfort Inn in the 4600 block of Macleod Trail around 3:30 p.m. after cleaning crews found the individual — who operates at the level of a toddler — in a bathtub.

3 Investigators believe the man found at the hotel had been alone for about three hours.

"It's more a matter of neglect and sadness than anything," said Insp. Paul Stacey.

One count of failing to provide the necessities of life has been laid against the caregiver, whose name has not been released.

JEREMY NOLAIS

KATIE TURNER/FOR METRO

▶ Hotel where the man was found

News in brief

Truck driver killed in crash

SOUTHEAST. A 53-year-old driver was reportedly killed yesterday morning after crashing his truck into a light standard in the city's southeast.

Reports indicate the driver was headed westbound on 130th Avenue near 52nd Street when the incident occurred around 8 a.m. He was pronounced dead at the Rockyview General Hospital.

METRO

Crews called to store fire

BLAZE CONTAINED. Fire broke out in a fireplace display at a southwest store early yesterday morning.

Crews were called to Heath and Home at 5740–1A St. SW at around 2:24 a.m.

They were able to contain the flames to the second floor of the business. METRO

1 news

Experts don't have full answers on the risk from Japanese nuclear radiation. Scan code for story.

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Before Charlie Sheen, there was Randy Quaid, who made his live debut of 'Star Whackers' in Vancouver.

Video at metronews.ca

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From the deck of the Charlottetown

Frigate operating in Mediterranean as part of NATO's naval blockade

JENNIFER TAPLIN
@METRONEWS.CA

In a phone interview yesterday, Cmdr. Craig Skjerpen, the commanding officer of HMCS Charlottetown, said the U.S. and European air strikes on Libya are on the minds of the crew.

"Our mission stays the same but our ship's company starts thinking about what future missions could be," he said. "Right now my goal is to keep everyone focused on the task at hand."

Their original mission of evacuation and humanitarian aid changed when they arrived in Gibraltar, on the entrance to the Mediterranean, earlier this month because all evacuees who wanted to go were already rescued.

The Charlottetown was attached to a NATO group and was put on patrol in the central Mediterranean, north of Libya.

The ship is now monitoring traffic on the water and keeping track of anything that looks abnormal.

On the weekend the Charlottetown got some Canadian company in the form of six CF-18 fighter jets from Quebec.

Bombing called successful

The U.S. claimed initial success two days into an assault on Libya that included some of the heaviest firepower in the American arsenal — long-range bombers designed for the Cold War — but American officials yesterday said it was too early to define the international military campaign's end game. The top U.S. military officer suggested that Libyan strongman Moammar Gadhafi might stay in power in spite of the military assault aimed at protecting civilians, calling into question the larger objective of an end to Gadhafi's erratic 42-year rule.

THE ASSOCIATED PRESS

Haiti. Election

▶ With a bandage on his right hand, Haitian-American singer Wyclef Jean sits inside a car before casting his ballot at a polling station during a presidential runoff in Port-au-Prince, Haiti, yesterday.

RAMON ESPINOSA/THE ASSOCIATED PRESS

Bullet grazes Wyclef Jean

Musician Wyclef Jean said yesterday a bullet grazed his hand as he stepped out of a car to make a phone call, but he said he was only slightly injured.

Families fly to Kandahar

Anna Miok kissed her right hand, touched the monument that bears her son's name and wept in a gesture that symbolized the pain of a mother who has lost her child to war.

It was one poignant moment of many yesterday as the families of 10 Canadians killed in Afghanistan paid tribute to their loved ones at Kandahar Airfield in what could be the last ceremony of its kind before the military mission ends.

There was some brief doubt whether yesterday's service was going to proceed after the Defence Department discovered nearly two months ago that the publicly funded trips did not clearly fall within spending guidelines.

The costs of this visit were paid for by the military families fund, which is financed by private donations and fundraisers.

Since Canada's mission began in 2002, 154 military personnel, two aid workers, a diplomat and a journalist have died in the country.

One by one, the parents, spouses and siblings of those killed placed wreaths at the foot of the monument dedicated to Canadians who have died as part of the Afghan mission.

Laszlo Miok said he made the journey to Kandahar for the first time in memory of his younger brother, Sgt. George Miok, a 28-year-old Edmonton teacher who died on Dec. 30, 2009.

The father of Capt. Nichola Goddard, who was the first Canadian woman to be killed in action while serving in a combat role, said the next-of-kin memorial service provided him a measure of comfort.

Nichola Goddard, a 26-year-old artillery officer from Calgary, died in a Taliban ambush in the Panjwaii district on May 17, 2006.

THE CANADIAN PRESS

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Story of survival

Police rescue 16-year-old and his grandmother from disaster-ravaged home in northeast Japan Pair had been trapped for nine days

The voice rang out suddenly, unexpectedly, from the wreckage left behind by the monstrous earthquake and tsunami that ripped through Japan's northeast nine days ago.

"Please help! Please help!"

There, on the roof of his collapsed wooden home, stood a shivering Jin Abe, so cold that he had draped layers of towels around his body. His grandmother, Sumi Abe, 80, was trapped inside, too, the 16-year-old told the team of Ishinomaki police officers who had been patrolling the hard-hit city yesterday.

The two had been stuck there since the March 11 magnitude-9.0 quake struck off the coast of Japan, triggering a massive tsunami that obliterated much of the northeastern coastline. Their neighbourhood, too, lay in ruins.

The 80-year-old woman's weak legs kept her from walking, and the teenager had been unable until yesterday to crawl out of the wreckage, police spokesman Shizuo Kawamura said.

Police called in personnel with better equipment to help rescue the woman, whom police found wrapped in several blankets, on top of a collapsed closet.

THE ASSOCIATED PRESS

Disaster update

- The National Police Agency said yesterday that the number of bodies collected so far stood at 8,450, while 12,931 people were listed as missing.
- The 9.0-magnitude quake displaced 452,000 people who are now living in shelters.
- Fuel, food and water remain scarce.
- Bodies are piling up in some of the devastated communities and badly decomposing even amid rain and snow.

Paying. Tribute

▶ Children lay down flowers outside of the polar bear enclosure to commemorate late polar bear Knut at the Berlin Zoo yesterday.

MARKUS SCHREIBER/THE ASSOCIATED PRESS

Fans mourn polar bear

Hundreds of fans of polar bear Knut flocked to lay flowers outside his zoo enclosure yesterday, mourning the sudden death of a bear who burst into the limelight as a cuddly, fluffy cub hand-fed by his keeper. The four-year-old celebrity bear died Saturday afternoon in front of hundreds of visitors, taking keepers, animal experts and fans by surprise.

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Japan banks to get bailout: Reports

Tokyo will inject public money into 72 banks in earthquake-stricken areas to support lending as companies rebuild, the business newspaper Nihon Keizai Shimbun said yesterday.

The government money will help the banks meet an expected surge in demand for credit, the paper said. It cited no sources.

The report said more than 11 trillion yen ($135 billion US) are available under a law on emergency support to banks passed in 2008. Last week, Goldman Sachs estimated quake damage at $200 billion.

Tokyo also is planning to provide low-interest loans of up to 10 trillion yen ($122 billion) to help companies recover, another report said.

On Friday, the Group of Seven industrialized nations agreed to intervene in currency markets after the yen surged against the dollar, threatening Japanese exports. THE ASSOCIATED PRESS

Market moment

DATA AS OF 3 P.M. FRIDAY

TSX	Dollar
+ 43.48 (13,789.63)	+ 0.02¢ (101.41¢ US)

Oil	Natural gas 1,000 cu ft
– 35¢ US ($101.07 US)	$4.176 US (– 3¢ US)
	Gold contracts $1,416.10 US (+ $11.90 US)

Anticipation mounts for RIM PlayBook

Analysts estimate fourth-quarter revenue of $5.58 billion Tablet seen as 'critical' for company's success

Research In Motion is expected to report strong quarterly results on Thursday, and technology observers say the PlayBook tablet computer is key to its future.

The Waterloo, Ont.-based company will launch its new device within weeks, analysts believe, well behind the market-leading Apple iPad and other tablets.

Sascha Segan of PCMag Mobile in New York believes RIM will play to its strengths and target business users first with the PlayBook.

"I think RIM understands that the tablet market is very tough right now and it's only going to get tougher," Segan said.

Bill Kreher, senior technology analyst of Edward Jones, said he expects RIM to address its strategy for the tablet when it releases fourth-quarter earnings.

"I think the success of the PlayBook is critical for Research In Motion as they prove that they can innovate and keep up with the latest technology," Kreher said from St. Louis, Mo.

He estimates that RIM can sell two million PlayBooks in the next 12 months, with businesses being the sweet spot.

"They have a long, strong track record of dealing with large enterprises. I think that will allow them to see traction with the PlayBook." THE CANADIAN PRESS

Take one tablet

- The **19-centimetre touchscreen** device fits into jacket pockets, lab coats and "other popular business garb that won't fit an iPad," says Sascha Segan, managing editor of PCMag Mobile in New York.
- The first generation of the PlayBook will rely on Wi-Fi short-range networks to connect to the Internet, initially without contracts with wireless carriers. It will **cost about $500 US** and can be tethered to a BlackBerry to access email.

Retail. Expansion

KEITH SRAKOCIC/THE ASSOCIATED PRESS

The lighter side of branding

From the first distinctive "click" of the lid in 1933, a legend was born. But with pressure on people not to smoke, Zippo Manufacturing Co. is expanding its line of products from lighters to watches, clothing and cologne. The Bradford, Pa., company plans to sell the merchandise at kiosks and Zippo specialty stores.

CRTC makes switching providers easier

A single phone call will soon allow consumers to change their TV, Internet, home telephone and wireless service providers. The CRTC says the new provider will contact the old service provider and make all arrangements necessary for the requested changes instead of the consumer making both calls and the process being dragged out. The wireless industry applauded the new rules. But consumers will still be on the hook for cancellation fees or other penalties associated with ending their existing contracts, the CRTC said. THE CANADIAN PRESS

2½

Under the new rules, wireless services can be changed within two-and-a-half hours, while other services should take no more than two business days to switch.

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FRAUD'S EFFECTS CAN BE DEVASTATING

Urban Compass

JANICE PASKEY

Street crime is down.

But the "bad guys," as Det. Mike Gervais calls them, haven't gone away. Fraud, all types of it, is on the rise.

Yet this brand of crime isn't mentioned on city council's list of priorities for the police. And you won't find it on the police crime-mapping website.

Investigating documents may not be as sexy as solving a murder or breaking up a drug ring.

Yet the effects of fraud — identity theft and personal loss of money — are devastating, time-consuming and just plain nasty.

"Fraud is often through organized crime. They can make more money than selling drugs," says Gervais.

Gervais does the intake of serious fraud cases, about 400 per year.

The investigations are so complex they can take years. For instance, mortgage frauds from three years ago are just being investigated now.

How does fraud look?

Let me count the ways.

Mortgage fraud: Someone pays you to sign for their mortgage, then sells the house. You have no house, just a mortgage. Often the signee is in on the scam.

ATM and debit card fraud: (Note: Gervais doesn't use debit; and he and his wife have only one credit card.)

Computer hacking: Check your bank and credit card statements religiously. Watch for withdrawals on your account.

Employee theft: Police aren't in the "recovery business," which is why cases often go to civil court first. It can take years for a thief to be charged.

"Yet this brand of crime isn't mentioned on city council's list of priorities for the police. And you won't find it on the police crime-mapping website. Investigating documents may not be as sexy as solving a murder ..."

Investment scams: If the organization isn't registered in Alberta, don't invest.

EBay: You know that muscle car you bought from the guy in B.C.? You will never get it. That B.C. crook is now being taken to court in three different jurisdictions for $1.5 million. EBay crime is tough to crack — IP addresses can be masked. Crime cuts across country boundaries.

Defrauding less than $5,000 is the leading fraud crime in Calgary, followed by credit card forgery or trafficking, then fraud more than $5,000.

So, while our streets may be safer, our money is not. Fraud is a scourge. We need city council to list it as a priority. Increase staff and map it just like robberies.

Fraud investigators, your work is sexy to us.

Cartoon

MICHAEL DE ADDER

RCMP to tighten belts

Worth mentioning

Battle of the bulge

Mounties are waging a battle of the bulge.

Almost one-quarter of RCMP officers — 23.8 per cent — are considered "obese," based on standard height and weight measurements.

The national police force is working to make plump police officers fit, trim and ready for duty with programs that encourage healthy exercise and nutrition habits.

Supt. Rich Boughen, director general of the RCMP's occupational health and safety branch, said physical fitness must be promoted in the same way as smoking cessation and mental health.

Physical demands can be high on men and women in red serge, yet obesity in the ranks is now at about the national average.

"We are very representative of the population," Boughen said. "I think what it speaks to is that we hire real people who have real issues."

Mirroring an international trend, the number of Canadians classed as obese soared in recent years to 24.1 per cent, say figures from Statistics Canada.

For front-line officers, obesity can compromise their ability to take down a criminal and put their own safety at risk.

THE CANADIAN PRESS

What's the most memorable class you have taken?

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Metro Minute with Show and Tell

Drawing on memories from a favourite elementary school pastime, Café Koi will present its own version of show and tell this evening. The event will showcase the work of five artists, giving each 20 minutes to present their piece and take questions from the audience. Organizers hope the comfortable, open setting will spark some important dialogue between local art enthusiasts. Tonight's free event, sponsored by Calgary Art Group, is the first of what is hoped will be a monthly outing.

Show and Tell gets underway at 8 tonight. Café Koi is located at 1011–1st St. SW. For more information, visit cafekoi.com or call 403-206-1564. METRO

CONTRIBUTED

▶ Café Koi has hosted numerous artists and performers in the past.

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4 top basketball films

With the NCAA March Madness in full force, what are some of the best basketball movies of all time? Sorry, Hoosiers is a bit too clichéd to make the list

Hoop Dreams
1994
Steve James' documentary about a pair of inner-city Chicago youngsters who aspire to basketball stardom is at once sprawling and intimate.

James follows the highs and lows of Arthur Agee and William Gates over about five years, encourages us to root for them by depicting them exactly as they are, and lets us get to know their families, their playgrounds, their neighbourhoods.

It's both inspiring and heartbreaking without trying too hard to be either, and it's far more enthralling in its realistic twists than any scripted melodrama. Not just one of the best basketball films ever, but one of the best documentaries ever.

He Got Game
1998
Young Ray Allen does just fine here, showing off that pure shooting ability and holding his own opposite a nicely understated Denzel Washington.

Allen had only been in the NBA a couple years at this point and had never acted in a film before, but he rises to the challenges of some highly charged scenes as the nation's top high school prospect, who's struggling not just with the decision of what college to play for, but also with his father's return from prison.

Writer-director Spike Lee, the world's most famous New York Knicks fan, actually lets you see the game played out; he doesn't clutter it up with frantic camerawork and needless cuts.

Blue Chips
1995
Directed by William Friedkin and written by Ron Shelton, this thing is crammed with both celebrities and athletes without feeling forced. There's Nick Nolte as a volatile, Bobby Knight-type coach at a UCLA-type school, Ed O'Neill as the reporter who grills him and former Boston Celtics great Bob Cousy as the university's athletic director.

Most amusing of all, though, is seeing a young (and much leaner) Shaquille O'Neal as a beast of a prospect from the swamps of Louisiana, alongside his then-real-life Orlando Magic teammate Anfernee "Penny" Hardaway (with Alfre Woodard as Hardaway's badass mom). Larry Bird and Rick Pitino are among the big names who are surprisingly believable showing up as themselves.

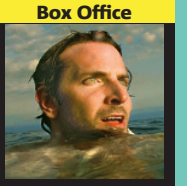
The Basketball Diaries
1995
Leonardo DiCaprio is electrifying as Jim Carroll, the late New York poet and musician who chronicled his teenage descent into heroin addiction in his memoir of the same name.

Growing up in Manhattan, Carroll played basketball for his elite Catholic high school and dreamed of athletic stardom. Instead, he would follow a dangerous path of sex and drugs, artistic inspiration and self-destruction. (The film moves the time period from the 1960s to the present.)

This early DiCaprio performance, along with his Oscar-nominated work in What's Eating Gilbert Grape, offer an exciting glimpse at the fearless actor he would become.

2 scene

Box Office



There was no stopping Limitless at the box office. The sci-fi thriller opened at No. 1 this weekend with US$19 million, according to studio estimates yesterday.
THE ASSOCIATED PRESS

After 6 years out of print, Sailor Moon comes back to bookstores, comic shops

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Billy Ray looking to mend fences

Singer calls off divorce Says relationship with daughter Miley also on upswing

Billy Ray Cyrus and wife Tish Cyrus are on the road to reconciliation, Billy Ray tells the hosts of The View during an interview.

"I've dropped the divorce," he says. "I want to put my family back together. Things are the best they've ever been."

Billy Ray still blames daughter Miley Cyrus' successful Disney show, Hannah Montana, for his family troubles and is glad the series is over.

"I feel like I got my Miley back," he says. "I feel like we're the daddy and daughter we were before Hannah Montana." METRO

ALL PHOTOS GETTY IMAGES

▶ Billy Ray Cyrus: "I want to put my family back together."

Longoria is moving on

Eva Longoria concluded her weeklong 36th birthday celebrations with a party in Las Vegas over the weekend, where she told Us Weekly that she's doing great since her divorce from Tony Parker.

"Everything in my life is great!" she said. "I embrace everything that's happening. I hold dearly every experience that I have in my life. I regret nothing, so, you know, (I'm) moving on."

And she's apparently moving on with Eduardo Cruz, brother of actress Penelope Cruz.

"It was like two high school kids who just fell madly in love because they were always so touchy-feely," a source says of Longoria and Eduardo's behaviour at her party. METRO

Eva Longoria

Celebrity tweets

Ashton Kutcher [@aplusk] It only took the UN 31 days to make a decision on Lybia... Hmmm is that system broke? How many people have killed?...

Lindsay Lohan [@lindsay-lohan] i love ny - but the paparazzi @ jfk just gave me an anxiety attack..... i was half asleep! they're such animals :(well- @ least im with my family in the end

Conan O'Brien [@Conan OBrien] Just did a 50,000 piece jigsaw puzzle, with the picture FACE DOWN! METRO

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Spousonomic theory

New book proposes you run your household like a business Do kids get union rights?

DREW TOAL
LIFE@METRONEWS.CA

In their new book, Paula Szuchman and Jenny Anderson, co-authors of Spousonomics, apply economic and business principles to married life.

Are these ideas useful when it comes to parenting? They would know. Szuchman, an editor at the Wall Street Journal, has a daughter, and Anderson, a reporter for the New York Times, has two.

Metro speaks with Szuchman to find out.

In the book, you discuss ideas like a division of labour when doing chores, and evoke "supply and demand" in the bedroom. Are any of these concepts applicable to parent-kid relationships?

Sure. One thing that happens when people first have a kid is the comparative advantage with child rearing ends up being with the mom and not the dad. That's especially true if she's breast feeding, because then she has the absolute and comparative advantage in feeding the kid. And if she stays home and takes the maternity leave, then that reinforces the comparative advantages even more. Before you know it, you end up with this situation where the guy will just say, "I don't know how to do it." If she does everything, she falls prey to becoming the default master of everything.

YANIV NORD

▶ Jenny Anderson and Paula Szuchman

For a young couple, what's the opportunity cost of having kids these days?

Well, the opportunity cost is whether or not to have kids. Once you have them, opportunity cost is "romantic time." If you studied economics, you could articulate this even better than I can, but for every unit of value you get of the same thing, you get less value from it.

That reminds me of the opportunity cost graph for countries that's often illustrated as a choice between "guns" and "butter."

You mean like diapers versus date night?

Yes! What about collective bargaining for parents? Does it help to unionize?

When I was growing up, my parents were certainly about their united front. I had very little bargaining power. I hate my parents for that, but I also like them, so they must have done something right. Parenting is a string of bargaining moves.

HEALTHY EATS ON A BUDGET

THE STAY-AT-HOME MOM

Samantha Mellen
Two boys: Lucas, 2, and Joshua, 4 months

What we feed our kids when they're young is the foundation they'll have as they grow up. I do a lot of foods and snacks that are easy to prepare, but also healthy. Carrots with dressing, yogurt, string cheese, peanut butter with an apple, and crackers are all snacks we enjoy.

I buy organic milk, meat and produce. Thankfully places like Costco make buying organic meat and fruit affordable.

I make my own baby food, which is super easy and cost affordable. My now two-year-old's first food (at six months) was an avocado. I'm really into what I feed my kids. However, I've also learned that if he wants a cookie, one every now and then won't hurt. Balance is a great thing — and make cookies that much better!

THE HIGH-POWERED WORKING MOM

Avis Jones-DeWeever
Executive Director, National Council of Negro Women
Mother of two boys, Aidan, 7, and Guy, 14

Many things in life have come naturally to me. Cooking, unfortunately, is not one of them. Complicating this issue further is the complexity of contending with the time constraints that every working mother must face. For me, the answer has been gadgets, smart substitutions and keeping on hand healthy snacks.

My best friend these days is an electronic pressure cooker/slow cooker. This one-pot miracle allows me to prepare the heart of meals in advance. I also routinely make healthier selections in the grocery store, like real fruit and vegetable juices instead of soda, turkey instead of pork or beef, and yogurt and fresh fruits. Still, I'm no health-food purist. There's just no substitute for family bonding over fresh chocolate chip cookies and milk.

THE HIPPIE MOM

Lili Meier
Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online
Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Thankfully, my hubby and I are on the same page when it comes to feeding our babes. We provide the healthiest food we can. We serve home-cooked meals (practically) every day, and choose organic food (fruit, veggies, dairy products and meat).

To help get a handle on the cost, we go to farmer's markets and try to stick with seasonal locally produced food. To save time, we often make big batches of something and then freeze a bunch so that on days when there's not much time/energy, we can still make something that is healthy.

3 life

New studies

52%

• Fifty-two per cent of adults aged 18 to 29 believe proper parenting is one of the most important things in life, according to a new Pew Research Center report. When Generation X was asked the same question years ago, only 42 per cent felt good parenting was important.

3x

• Depressed dads are three times as likely to spank their one-year-olds as dads who are not depressed, according to researchers at the University of Michigan.

METRO WORLD NEWS

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Remix your soup-and-sandwich combo

A sandwich made with naan bread and curried brie cheese, and colcannon soup accented with kale chips and proscuitto, offer a new twist

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

While there are plenty of colcannon fans, generally, anything with kale in it is a harder sell.

To counter that, a classic makeover is given to this colcannon soup for more appeal, while staying true to its spirit.

First, comes the base of the soup. Potatoes and onions are simmered in chicken broth, then blended until smooth. With a bit of cream, you basically have mashed potato soup. Not much to dislike there.

Also used is a relatively new product — kale chips. Available at most natural foods stores, they are made by seasoning and roasting kale until crispy.

Sprinkled over the potato soup, the kale chips add a crunchy contrast to the smooth, creamy soup.

But since pork and potato go so nicely together, a bit of crisped prosciutto crumbled over the soup adds a savoury touch.

Preparation:

1. In saucepan over medium-high heat, melt butter. Add onion and cook until golden. Add potatoes, garlic powder, dill and garlic and cook for 4 minutes. Add chicken broth and bring to boil. Reduce heat, cover, simmer for 20 minutes (until potatoes are tender).
2. Meanwhile, heat a skillet over medium. Spritz pan with cooking spray, then place 2 or 3 slices of prosciutto in the pan. Fry, turning after 2 minutes or until browned and crisp on both sides. Repeat with remaining prosciutto; set aside.
3. Using a blender, purée soup until almost smooth with some small chunks. Stir in cream, and return soup to a gentle simmer. Season with salt and pepper.
4. Divide soup among serving bowls and top each with some of the kale chips. Crumble 1 slice of prosciutto over each.

Ingredients:

- 1 tbsp (15 mL) butter
- 1 large yellow onion, diced
- 2 lb (1 kg) russet potatoes, peeled and cut into small chunks
- 1 tsp (5 mL) garlic powder
- 1/4 tsp (1 mL) dried dill
- 2 cloves garlic, minced
- 4 cups (1 L) chicken broth
- 6 slices prosciutto
- 1/2 cup (125 mL) 35% whipping cream
- Salt and ground black pepper
- 1 cup (250 mL) kale chips

THE ASSOCIATED PRESS EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

▶ This recipe produces six servings.

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How to spot 'Greenwashing'

As consumer awareness of recycling and sustainability grows, the market is being inundated with eco-friendly products and processes. But is that green product you're putting in your shopping cart truly green — or are you, the shopper, being "greenwashed?"

"Greenwashing is making statements about the environmental attributes of a service or product that are either false or misleading," says Eric Boyd, an environmental lawyer with Seyfarth Shaw, a major American law firm now specializing in green compliance.

"My practice has been to help companies make sure they don't get in trouble under the Federal Trade Commission Green Guides, which prohibit false and misleading advertising."

Boyd guides his clients

ISTOCK

▶ Shopping 'green' could be full of schemes.

— including Canadian building-materials firms — through the maze of legal definitions of recyclability, compostability, degradability and other key concepts of environmentally conscious sustainability.

With demand for greener products steadily climbing, this has become a matter of significant importance for shoppers, and therefore for all companies competing for their cash.

"Consumer desire drives everything," Boyd says. "It drives the Wal-Marts of the world to require their suppliers to have green attributes in their products. And suppliers are not always sure what those words mean — or what they have to do to substantiate them."

This is particularly true in the construction industry — on both sides of the Canada-U.S. border.

How can you spot greenwashing?

"I'll give you a hint," Boyd says. "If the general claim — that this is environmentally preferable, or this has eco-benefits, or there's a green seal or something — you can always check the marketing materials or on their website to see if there's more detail."

BEN KNIGHT

Queen of Green

LINDSAY COULTER

GREEN@METRONEWS.CA

COMPOSTING COLOUR SCHEME? IT'S ALL ABOUT THE DOS AND DON'TS

The other day I noticed that a friend of mine puts paper towels and facial tissue into her compost. Are you really allowed to add these?
Melanie of Edmonton

TORSTAR NEWS SERVICE

▶ Compost is best when produced with layers of browns and greens.

Paper products can be a welcome addition to any compost pile. The goal is to alternate layers of nitrogen-rich greens (yard trimmings and vegetable peels) and carbon-rich browns. You see backyard composting is really a colour-coordination project.

Other types of "browns" include leaves, twigs, straw, corn cobs and stalks, brown paper bags, newsprint and even the inside cylinders of empty toilet paper rolls. A simple trick is to chop, shred or tear your browns — greens too — to speed up decomposition.

What you shouldn't add are any greasy paper towels or napkins because they might attract unwelcome visitors. And, if you plan to put your compost in your garden, don't add bleached paper towels or napkins. Instead, purchase 100 per cent post-consumer waste-paper products processed chlorine-free. Better yet, switch to reusable cloth napkins and hankies to cut down on the waste leaving your home, even if it is compostable. Learn more about Composting Do's and Don'ts in my fact sheet at davidsuzuki.org.

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4 sports

Flames sunk by Perry's heroics

Ducks move into tie for 8th playoff spot and put dent in Calgary's hopes

	1	2	3	F
DUCKS	0	1	4	5
FLAMES	0	3	1	4

Teemu Selanne scored on a power play with 2:01 left in regulation to offset a stunning four-goal rally by Calgary, and Corey Perry scored his second of the game 2:38 into overtime to give the Anaheim Ducks a 5-4 victory over the Flames last night.

Perry struck for the second straight day after scoring in overtime to beat the Los Angeles Kings on Saturday. This win gave the Ducks (40-27-5) their 13th consecutive home win over the Flames.

Dan Ellis, back in goal for Anaheim after two sterling performances by backup Ray Emery, squandered an early 3-0 lead and gave up a goal to Jarome Iginla that put Calgary (37-27-10) ahead 4-3 with 12:50 left in the third period.

Ellis redeemed himself by stopping Iginla on a breakaway 1:26 into overtime and finished with 37 saves.

Henrik Karlsson, who came in after Flames starter Miikka Kiprusoff gave up three goals on five shots in the first six minutes, stopped his first 23 shots before Selanne scored his 22nd goal while Rene Bourque was off for interference.

Bobby Ryan, who scored on a penalty shot in overtime to beat Detroit on March 2, was awarded another penalty shot after he was taken down from behind by Steve Staios four seconds before Perry's winning goal. Ryan was stopped by Karlsson's glove.

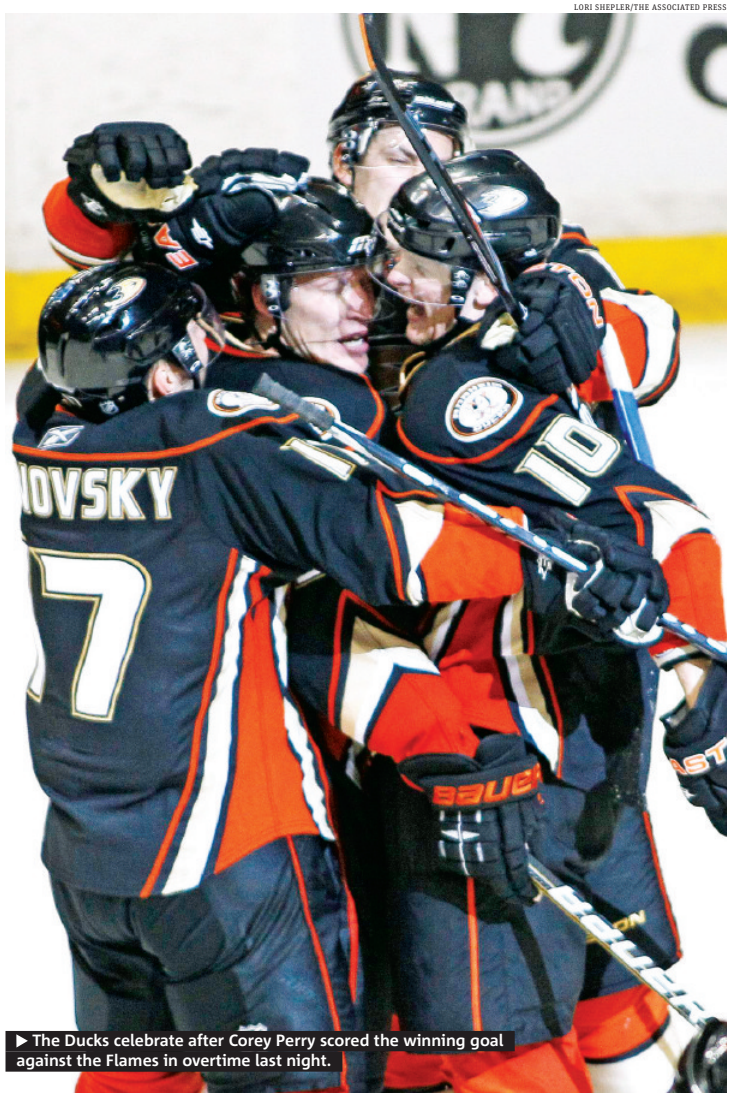
Ryan Getzlaf won the ensuing faceoff and kicked the puck back to Toni Lydman at the right point for a one-timer that Perry redirected into the net for his career-high 39th goal.

Tom Kostopoulos had two goals, Bourque also scored for Calgary and former Anaheim prospect Curtis Glencross had two assists.

Getzlaf, Perry and defenceman Francois Beauchemin scored during a 4:31 span in the first period for the Ducks, who climbed into a tie with Dallas for eighth place in the Western Conference. Calgary is in 10th, one point behind with eight games remaining.

Karlsson made 12 saves while the Flames turned their 3-0 deficit into a 4-3 lead. THE ASSOCIATED PRESS

LORI SHEPLER/THE ASSOCIATED PRESS



▶ The Ducks celebrate after Corey Perry scored the winning goal against the Flames in overtime last night.

Flames preview

Flames at Kings
8:30 p.m.
TV: SNET-W
Radio: FAN 960

Calgary (37-27-10) is in a dogfight with several teams for a playoff position in the Western Conference. Goalie Miikka Kiprusoff is a big reason why the Flames are in the thick of the race. He has a 19-6-4 record since New Year's Eve.

Los Angeles (40-26-6) has been strong over the last two months, picking up at least one point in 21 of its last 25 games. The Kings' penalty killers deserve a lot of credit. They have killed off 72 of their last 77 penalties, including 29 in a row.
THE CANADIAN PRESS

Scan code for more sports

One last silver for Heil

"I have nothing left to do on the hill and that's a beautiful ending for me."
JENN HEIL

Canadian freestyle skier Jenn Heil captured every title imaginable over her stellar career.

She won Olympic gold at the Turin Games in 2006, picked up a pair of world championship titles and earned a staggering 58 World Cup medals along the way.

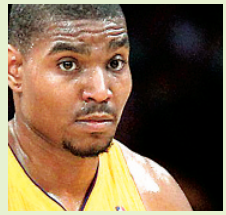
When she looks back at the last decade, a silver-medal performance stands out as her top memory. She said she'll never forget the roar from the home crowd at the Vancouver Olympics last year.

"When my name was announced and the mountain vibrated from the support of the Canadians," Heil said. "That was truly the greatest moment."

Heil, from Spruce Grove, capped her career yesterday with a silver medal in the dual moguls at the final World Cup of the season.

She lost control in the middle section of her final run and had to pull out before her second jump, giving American Hannah Kearney the gold.
THE CANADIAN PRESS

Sports in brief



Bynum gone for two games

NBA. Los Angeles Lakers centre Andrew Bynum has been suspended two games for Friday's flagrant foul on Minnesota's Michael Beasley.
THE ASSOCIATED PRESS

Djokovic yet to lose in 2011

TENNIS. Novak Djokovic beat top-ranked Rafael Nadal 4-6, 6-3, 6-2 to win the BNP Paribas Open title on Sunday, keeping the Serbian undefeated this year.

Djokovic improved to 18-0. He will move into the No. 2 spot when the ATP Tour rankings are released today.
THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	71	44	19	4	4	228	190	96	21-10-2-2	23-9-2-2	4-4-1-1	W1
d-Washington	73	42	21	5	5	198	176	94	22-8-2-5	20-13-3-0	9-1-0-0	W1
d-Boston	71	39	22	5	5	213	175	88	16-12-3-2	23-10-2-3	4-4-2-0	L2
Pittsburgh	72	41	23	5	3	208	177	90	22-13-2-0	19-10-3-3	5-3-2-0	L1
Tampa Bay	72	39	22	5	6	214	217	89	22-9-1-4	17-13-4-2	2-4-2-2	L2
Montreal	73	40	26	4	3	200	185	87	22-9-3-3	18-17-1-0	7-3-0-0	W1
NY Rangers	73	39	30	2	2	215	179	82	17-17-1-2	22-13-1-0	6-4-0-0	W4
Buffalo	72	35	28	8	1	214	208	79	16-16-3-1	19-12-5-0	5-3-2-0	L1
Carolina	72	33	29	5	5	201	214	76	19-12-2-2	14-17-3-3	4-5-1-0	W1
Toronto	73	32	31	5	5	192	225	74	17-14-3-4	15-17-2-1	5-4-1-0	W1
New Jersey	72	34	34	3	1	154	182	72	17-15-2-1	17-19-0-1	7-3-0-0	W1
Atlanta	72	30	30	5	7	202	237	72	15-14-2-5	15-16-3-2	5-4-1-0	L1
Florida	72	29	33	5	5	182	198	68	15-15-5-4	14-18-0-1	3-4-2-1	L1
NY Islanders	73	28	33	7	5	203	232	68	16-15-1-4	12-18-6-1	5-1-3-1	W1
Ottawa	72	27	36	5	4	164	223	63	13-19-2-3	14-17-3-1	6-4-0-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	73	47	17	4	5	238	172	103	25-8-1-4	22-9-3-1	8-2-0-0	L1
Detroit	72	43	21	5	3	233	204	94	19-11-3-2	24-10-2-1	5-3-1-1	L1
San Jose	73	42	23	4	4	211	191	92	20-11-2-3	22-12-2-1	5-3-0-2	W3
Phoenix	74	39	24	7	4	213	207	89	17-12-4-2	22-12-3-2	6-3-1-0	L1
Los Angeles	72	40	26	4	2	197	176	86	20-12-3-0	20-14-1-2	5-3-2-0	L2
Chicago	72	39	25	3	5	234	203	86	22-14-0-0	17-11-4-4	6-2-1-1	W1
Nashville	73	38	25	6	4	190	172	86	19-8-4-3	19-18-1-1	6-2-1-1	W3
Anaheim	72	40	27	3	2	204	208	85	23-12-1-1	17-15-2-1	8-2-0-0	W3
Dallas	72	38	25	3	6	203	202	85	20-11-2-5	18-14-1-1	5-2-2-1	L1
Calgary	74	37	27	4	6	226	214	84	22-12-1-3	15-15-3-3	5-4-1-0	L1
Minnesota	73	35	30	3	5	185	204	78	17-14-2-3	18-16-1-2	2-6-2-0	L6
Columbus	72	33	29	4	6	195	218	76	16-16-1-3	17-13-3-3	2-5-1-2	L1
St. Louis	72	32	31	4	5	201	214	73	20-12-1-3	12-19-3-2	4-6-0-0	L2
Colorado	71	27	36	7	1	198	250	62	14-17-4-0	13-19-3-1	1-8-0-1	W1
Edmonton	72	23	39	2	8	175	237	56	12-20-1-4	11-19-2-3	3-5-1-1	L6

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Yesterday's results
Montreal 8 Minnesota 1
Anaheim 5 Calgary 4 (OT)
Chicago 2 Phoenix 1
Nashville 4 Buffalo 3 (OT)
New Jersey 3 Columbus 0
N.Y. Rangers 5 Pittsburgh 2
Saturday's results
Ottawa 3 Tampa Bay 2 (OT)
Toronto 5 Boston 2
Colorado 3 Edmonton 2 (SO)
Anaheim 2 Los Angeles 1 (OT)
Buffalo 8 Atlanta 2
Columbus 5 Minnesota 4 (OT)
Nashville 3 Detroit 1
N.Y. Islanders 4 Florida 3 (SO)
Philadelphia 3 Dallas 2 (SO)
San Jose 5 St. Louis 3
Tonight's games
All times Eastern
Pittsburgh at Detroit, 7 p.m.
Calgary at Los Angeles, 10:30 p.m.
Tomorrow's games
New Jersey at Boston, 7 p.m.
Florida at N.Y. Rangers, 7 p.m.
Washington at Philadelphia, 7 p.m.
Ottawa at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
N.Y. Islanders at Tampa Bay, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Toronto at Minnesota, 8 p.m.
Columbus at Colorado, 9 p.m.
St. Louis at Phoenix, 10 p.m.

DUCKS 5, FLAMES 4 (OT)

First Period
1. Anaheim, Getzlaf 18 (Perry) 1:18
2. Anaheim, Perry 38 (Selanne, Getzlaf) 3:36 (pp)
3. Anaheim, Beauchemin 4 (Koivu, Selanne) 5:49
4. Calgary, Kostopoulos 7 (Stajan, Jackman) 18:52
Penalties — Regehr Cal (hooking) 2:44, McMillan Ana (hooking) 13:43, Perry Ana (boarding) 16:23.
Second Period
5. Calgary, Bourque 25 (Glencross, Kostopoulos) 8:04
6. Calgary, Kostopoulos 8 (Staios, Glencross) 16:44
Penalty — Blake Ana (high-sticking) 12:08.
Third Period
7. Calgary, Iginla 33 (Tanguay, Giordano) 7:10 (pp)
8. Anaheim, Selanne 22 (Getzlaf, Visnovsky) 17:59 (pp)
Penalties — Fowler Ana (cross-checking) 5:45, Stajan Cal (hooking) 12:12, Bourque Cal (interference) 16:58.
Overtime
9. Anaheim, Perry 39 (Lydman, Getzlaf) 2:38
Missed penalty shot — Ryan Ana, 2:34.
Penalties — None.
Shots

Calgary	12	13	14	2—41
Anaheim	9	9	11	4—33

Goal (shots-saves) — Calgary: Kiprusoff (5-2), Karlsson (L,4-5-5)(5:49 first)(28-26); Anaheim: Ellis (W,19-9-7). **Power plays (goals-chances)** — Calgary: 1-4; Anaheim: 2-3.
Referees — Kelly Sutherland, Dean Morton.
Linesmen — Shane Heyer, Jean Morin.
Attendance — 15,177 (17,174).

CANADIENS 8, WILD 1

First Period
1. Montreal, White 1 (Pouliot, Subban) 0:31
2. Montreal, Kostitsyn 19 (Pouliot) 6:47
Penalties — White Mtl, Stoner Min (fighting) 6:31, Kostitsyn Mtl (high-sticking) 7:06, Staubitz Min (high-sticking) 17:05.
Second Period
3. Montreal, Subban 9 (White, Pouliot) 0:51
4. Montreal, Wisniewski 10 (Cammalleri, Auld) 5:22
5. Montreal, Moen 6 (Gomez, Hamrlik) 7:35
6. Montreal, Subban 10 (Wisniewski, Cammaleri) 16:23 (pp)
Penalties — Palushaj Mtl (hooking) 3:01, Staubitz Min (roughing) 15:46, Miettinen Min (hooking) 18:22, Koivu Min (tripping) 19:21.
Third Period
7. Montreal, Subban 11 (White, Desharnais) 1:27
8. Minnesota, Koivu 17, 12:14 (penalty shot, pp)
9. Montreal, Pyatt 2 (Gionta, Desharnais) 13:55
Penalties — Mara Mtl, Clutterbuck Min (unsportsmanlike conduct, misconduct) 7:51, Gionta Mtl (tripping) 10:52, Havlat Min (hooking) 16:20.
Shots

Montreal	11	13	8	32
Minnesota	12	8	11	31

Goal (shots-saves) — Montreal: Auld (W,6-2-1); Minnesota: Theodore (L,12-10-3)(19-14), Backstrom (7:36 second)(13-10). **Power plays (goals-chances)** — Montreal: 1-5; Minnesota: 1-3.
Referees — Chris Rooney, Marc Joannette.
Linesmen — Mark Wheler, Bryan Pancich.
Attendance — 18,595 (18,064).

SATURDAY

MAPLE LEAFS 5, BRUINS 2

First Period
1. Toronto, Schenn 4 (Crabb) 9:44
2. Boston, McQuaid 2, 11:46
3. Toronto, Kadri 1 (Crabb, Gunnarsson) 12:26
Penalty — Ryder Bos (delay of game) 6:41.
Second Period
4. Toronto, Crabb 3 (Boyce, Kadri) 7:49
5. Toronto, Brown 3 (Brent) 8:18
6. Toronto, Aulie 2 (Bozak, Kessel) 17:23
Penalty — Brent Tor (delay of game) 3:19.
Third Period
7. Boston, Paille 3 (Thornton, Campbell) 19:40
Penalties — Brown Tor (goaltender interference) 5:42, Horton Bos, Phaneuf Tor (fighting) 11:45, Recchi Bos (hooking) 13:55.
Shots

Boston	11	15	11	37
Toronto	9	12	8	28

Goal (shots-saves) — Boston: Thomas (L,29-10-8)(14-10), Rask (8:18 second, 7-6), Thomas (0:00 third, 8-8); Toronto: Reimer (W,15-7-4).
Power plays (goals-chances) — Boston: 0-2
Toronto: 0-2.
Referees — Frederick L'Ecuyer, Bill McCreary.
Linesmen — Tim Nowak, Jonny Murray.
Attendance — 19,512 (18,819).

AVALANCHE 3, OILERS 2 (SO)

First Period
1. Colorado, Duchene 23 (Winnik) 9:47
Penalties — Johnson Col, Jones Edm (fighting) 0:11, Vandermeer Edm (slashing) 2:16, Yip Col (tripping) 11:40, Eberle Edm (high-sticking) 12:37, Wilson Col (roughing) 17:02.
Second Period
2. Edmonton, Eberle 16 (Cogliano, Foster) 13:05 (pp)
3. Colorado, Porter 13 (Wilson, Duchene) 17:00
Penalties — McLeod Col (double high-sticking) 12:35.
Third Period
4. Edmonton, Foster 6 (Omark, Paajarvi) 16:10
Penalties — None.
Overtime
No Scoring.
Penalty — Holos Col (hooking) 3:37.
Shootout
(Colorado wins 1-0)
Colorado (1) — Duchene, miss; Porter, miss; Jones, miss; Stoa, goal. **Edmonton (0)** — Eberle, miss; Omark, miss; Giroux, miss; Paajarvi, miss.
Shots

Colorado	10	11	5	1—27
Edmonton	6	7	16	4—33

Goal — Colorado: Elliott (W,14-24-9); Edmonton: Khabibulin (L,10-28-3). **Power plays (goals-chances)** — Colorado: 0-2; Edmonton: 1-5.
Referees — Greg Kimmerly, Tom Kowal. **Linesmen** — Ryan Galloway, Vaughan Rody.
Attendance — 16,839 (16,839).

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
x-Pakistan	6	5	0	1	0	10
x-Sri Lanka	6	4	0	1	1	9
x-Australia	6	4	0	1	1	9
x-New Zealand	6	4	0	2	0	8
Zimbabwe	6	2	0	4	0	4
Canada	6	1	0	5	0	2
Kenya	6	0	0	6	0	0

GROUP B

	MP	W	T	L	NR	Pt
x-South Africa	6	5	0	1	0	10
x-India	6	4	1	1	0	9
x-England	6	3	1	2	0	7
x-West Indies	6	3	0	3	0	6
Bangladesh	6	3	0	3	0	6
Ireland	6	2	0	4	0	4
Netherlands	6	0	0	6	0	0

x — clinched berth in quarter-finals.
Yesterday's results
At Calcutta, India
Zimbabwe (308-6) def. Kenya (147) by 161 runs.
At Chennai, India
India (268) def. West Indies (188) by 80 runs.
Saturday's results
At Dhaka, Bangladesh
South Africa (284-8) def. Bangladesh (78) by 206 runs.
At Colombo, Sri Lanka
Pakistan (178-6) def. Australia (176) by four wickets.
End of Group Stage

MLB

SPRING TRAINING

Yesterday's results
Toronto 3 Minnesota 0
Arizona (ss) 4 Oakland (ss) 2
Atlanta 5 Houston (ss) 3
Baltimore 9 Tampa Bay 8
Chicago Cubs 3 San Francisco (ss) 2 (10 ings)
Cincinnati 9 Milwaukee 8
Cleveland 5 Arizona (ss) 3
Colorado 6 L.A. Angels 6 (10 ings)
Detroit 6 Washington 1
Florida 5 N.Y. Mets 0
L.A. Dodgers 9 Chicago White Sox 7
N.Y. Yankees 8 Philadelphia 1
Oakland (ss) 6 San Francisco (ss) 4
Pittsburgh 3 Houston (ss) 1
Seattle 4 San Diego 1
St. Louis 10 Boston 3
Texas 5 Kansas City 2
Saturday's results
N.Y. Yankees 5 Toronto 5 (10 ings)
Philadelphia 7 Baltimore 5
Atlanta (ss) 3 N.Y. Mets (ss) 3 (10 ings)
Houston 3 St. Louis (ss) 2
Pittsburgh 7 Boston 5
Florida 5 St. Louis (ss) 4
Minnesota 9 Tampa Bay 2
Detroit 2 Atlanta (ss) 1
N.Y. Mets (ss) 7 Washington 4
San Francisco 3 Kansas City 1
Oakland 8 Chicago White Sox 3
Seattle 9 Texas 8 (10 ings)
L.A. Dodgers 6 Milwaukee 6 (10 ings)
Cleveland 10 L.A. Angels 7
San Diego 14 Chicago Cubs 4
Cincinnati (ss) 10 Colorado 3
Arizona 13 Cincinnati (ss) 10

SOCCER

MLS

Yesterday's result
New England 1 Los Angeles 1
Saturday's results
Vancouver 4 Toronto 2
Chicago 1 Dallas 1
Colorado 3 Portland 1
D.C. United 3 Columbus 1
New York 1 Seattle 0
Philadelphia 1 Houston 0
Real Salt Lake 1 San Jose 0
Sporting Kansas City 3 Chivas USA 2

ENGLAND

PREMIER LEAGUE

Yesterday's results
Sunderland 0, Liverpool 2
Chelsea 2 Manchester City 0
Saturday's results
Aston Villa 0 Wolverhampton Wanderers 1
Blackburn 2 Blackpool 2
Everton 2 Fulham 1
Manchester United 1 Bolton 0
Stoke 4 Newcastle 0
Tottenham 0 West Ham 0
West Bromwich Albion 2 Arsenal 2
Wigan 2 Birmingham 1

TENNIS

ATP-WTA BNP PARIBAS OPEN

At Indian Wells, Calif.
Yesterday's results
Men
Singles — Championship
Novak Djokovic (3), Serbia, def. Rafael Nadal (1), Spain, 4-6, 6-3, 6-2.
Women
Singles — Championship
Caroline Wozniacki (1), Denmark, def. Marion Bartoli (15), France, 6-1, 2-6, 6-3.
Saturday's results
Men
Doubles — Championship
Alexander Dolgopolov, Ukraine, and Xavier Malisse, Belgium, def. Roger Federer and Stanislas Wawrinka, Switzerland, 6-4, 6-7 (5), 10-7.
Women
Doubles — Championship
Sania Mirza, India, and Elena Vesnina, Russia, def. Bethanie Mattek-Sands and Meghann Shaughnessy (8), U.S., 6-0, 7-5.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Boston	49	19	.721	—
y-Chicago	49	19	.721	—
x-Miami	48	22	.686	2
x-Orlando	44	26	.629	6
Atlanta	40	30	.571	10
Philadelphia	36	34	.514	14
New York	35	34	.507	14½
Indiana	30	40	.429	20
Milwaukee	28	41	.406	21½
Charlotte	28	41	.406	21½
Detroit	25	45	.357	25
New Jersey	22	46	.324	27
Toronto	20	49	.290	29½
Washington	17	51	.250	32
Cleveland	13	55	.191	36

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	56	13	.812	—
y-L.A. Lakers	50	20	.714	6½
x-Dallas	49	21	.700	7½
d-Oklahoma City	45	24	.652	11
Denver	41	29	.586	15½
Portland	40	30	.571	16½
New Orleans	40	31	.563	17
Memphis	38	32	.543	18½
Houston	37	34	.521	20
Phoenix	35	33	.515	20½
Utah	36	34	.514	20½
Golden State	30	40	.429	26½
L.A. Clippers	27	44	.380	30
Sacramento	17	51	.250	38½
Minnesota	17	54	.239	40

d – division leader; **x** — clinched playoff berth; **y** — clinched division.
Yesterday's results
Washington 98 New Jersey 92
Atlanta 104 Detroit 96
Milwaukee 100 New York 95
Phoenix 108 L.A. Clippers 99
Sacramento 127 Minnesota 95
Houston 110 Utah 108
Toronto 95 Oklahoma City 93
Dallas 101 Golden State 73
L.A. Lakers 84 Portland 80
Saturday's results
Boston 89 New Orleans 85
L.A. Clippers 100 Cleveland 92
Memphis 99 Indiana 78
Miami 103 Denver 98
Portland 110 Philadelphia 101
San Antonio 109 Charlotte 98
Tonight's games
All times Eastern
Orlando at Cleveland, 7 p.m.
Indiana at New Jersey, 7 p.m.
Boston at New York, 7:30 p.m.
Sacramento at Chicago, 8 p.m.
Utah at Memphis, 8 p.m.
Golden State at San Antonio, 8:30 p.m.
Toronto at Denver, 9 p.m.
Tomorrow's games
Chicago at Atlanta, 8 p.m.
Washington at Portland, 10 p.m.
Phoenix at L.A. Lakers, 10:30 p.m.

CURLING

WORLD WOMEN'S CURLING CHAMPIONSHIP

At Esbjerg, Denmark

Country (skip)	W	L
China (B.Wang)	2	1
Czech Rep. (Kubekova)	2	1
Germany (A.Schopp)	2	1
Norway (Githmark)	2	1
Russia (Privivkova)	2	1
Sweden (Norberg)	2	1
Switzerland (Ott)	2	1
Canada (Holland)	**1**	**2**
Denmark (Nielsen)	1	2
Scotland (Sloan)	1	2
U.S. (Lank)	1	2
South Korea (Kim)	0	3

Yesterday's results
Fourth Draw
Russia 9 **Canada 4**
China 10 South Korea 3
Scotland 7 U.S. 6
Switzerland 9 Czech Republic 3
Fifth Draw
Denmark 8 **Canada 5**
China 8 Germany 2
Czech Republic 7 Norway 5 (extra end)
Sweden 5 Scotland 3

BASKETBALL

NCAA TOURNAMENT

All times Eastern

THIRD ROUND

EAST REGIONAL
Yesterday's results
At Charlotte, N.C.
North Carolina 86 Washington 83
At Cleveland
Ohio State 98 George Mason 66
Marquette 66 Syracuse 62
Saturday's result
At Tampa, Fla.
Kentucky 71 West Virginia 63
SOUTHEAST REGIONAL
Saturday's results
At Washington
Butler 71 Pittsburgh 70
At Tampa, Fla.
Florida 73 UCLA 65
At Denver
BYU 89 Gonzaga 67
At Tucson, Ariz.
Wisconsin 70 Kansas State 65
SOUTHWEST REGIONAL
Yesterday's results
At Chicago
Virginia Commonwealth 94 Purdue 76
Florida State 71 Notre Dame 57
At Tulsa, Okla.
Kansas 73 Illinois 59
Saturday's result
At Denver
Richmond 65 Morehead State 48
WEST REGIONAL
Yesterday's results
At Charlotte, N.C.
Duke 73 Michigan 71
At Tulsa, Okla.
Texas (28-7) vs. Arizona (28-7)
Saturday's results
At Washington
Connecticut 69 Cincinnati 58
At Tucson, Ariz.
San Diego State 71 Temple 64 (2OT)

GOLF

TRANSITIONS CHAMPIONSHIP

At Palm Harbor, Fla.
Par 71
Final Round
(a — amateur)

Gary Woodland, $990,000	67-68-67-67—269
Webb Simpson, $594,000	67-67-67-69—270
Scott Stallings, $374,000	66-70-66-70—272
Brandt Snedeker, $264,000	72-64-67-70—273
Marc Turnesa, $180,125	68-67-73-66—274
Martin Laird, $180,125	66-70-68-70—274
Roland Thatcher, $180,125	68-67-69-70—274
Chris Couch, $180,125	69-64-70-71—274
Justin Rose, $180,125	70-65-65-74—274
Brendon de Jonge, $180,125	69-66-66-73—274
Chez Reavie, $132,000	70-70-65-70—275
Stewart Cink, $132,000	68-70-67-70—275
Jim Furyk, $110,000	67-70-69-70—276
Nick Watney, $110,000	66-72-65-73—276
John Senden, $88,000	67-72-68-70—277
Sergio Garcia, $88,000	68-66-72-71—277
Rory Sabbatini, $88,000	67-72-67-71—277
Peter Hanson, $88,000	69-67-69-72—277
Garrett Willis, $88,000	66-67-70-74—277

LPGA FOUNDERS CUP

At Phoenix
Par 72
Final Round

Karrie Webb, $150,000	71-67—66—204
Paula Creamer, $85,110	69-70-66—205
Brittany Lincicome, $85,110	67-68-70—205
Cristie Kerr, $55,362	69-68-69—206
Angela Stanford, $44,561	66-66-75—207
Mindy Kim, $36,459	69-67-72—208
Morgan Pressel, $28,627	70-71-68—209
Sun Young Yoo, $28,627	69-70-70—209
Seon Hwa Lee, $24,036	69-69-72—210
Also	
Samantha Richdale, $12,423	**72-70-71—213**
Alena Sharp, $10,340	**71-70-73—214**
Lisa Meldrum, $3,187	**71-73-74—218**
Lorie Kane, $2,600	**72-74-73—219**
Jessica Shepley, $2,600	**72-73-74—219**

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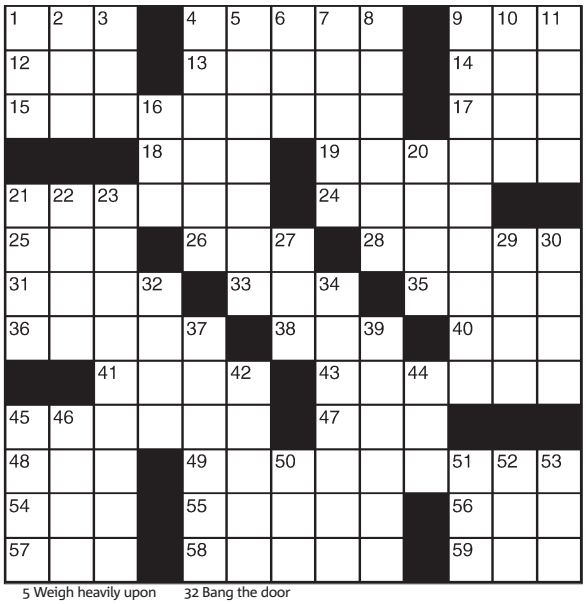
Crossword



Across

1 Compete
4 Hooded snake
9 Take to court
12 Be unwell
13 After (Fr.)
14 Moreover
15 "Threescore and ten" durations
17 Multipurpose truck
18 Needlefish
19 Church official
21 Throw and catch repeatedly
24 Eyelid woe
25 Greek H
26 Away from NNE
28 Calyx component
31 Scottish caps
33 Prepared
35 Judicious
36 Ledge
38 Selleck or Hanks
40 Sister
41 Chums
43 Threw
45 Footballer's headgear
47 Consumed
48 Fertility clinic supply
49 Refuse holders
54 Writing implement
55 Level of society
56 Female deer
57 Type measures
58 High-strung
59 Praise in verse

Down

1 Actor Kilmer
2 Three, in old Rome
3 Subordinate Claus?
4 Cellist Pablo
5 Weigh heavily upon
6 Lingerie item
7 Tears
8 Wealth
9 Some cookware
10 "Do — others ..."
11 Paradise
16 Early bird?
20 Favourable votes
21 "West Side Story" gang
22 Hexagonal state
23 Strategies
27 Moist
29 Chills and fever
30 Give for a time
32 Bang the door
34 As you like it, in a recipe
37 Chevy Chase sleuth role
39 Mid-May honouree
42 Wander off
44 Moment
45 Crosby crony
46 Still
50 Venomous viper
51 Commotion
52 "Wynken, Blynken and —"
53 Witness

▶ Yesterday's answer

A	V	E	■	A	D	D	■	A	L	D	E	N
P	I	P	■	L	E	I	■	P	A	U	S	E
A	D	O	■	P	E	N	T	E	C	O	S	T
R	E	X	■	S	P	A	R	S	■	■	■	■
T	O	Y	S	■	E	R	A	■	S	I	B	S
■	■	■	C	A	N	■	P	E	N	T	U	P
O	N	I	O	N	■	■	■	S	A	S	S	Y
P	E	N	T	A	D	■	E	T	C	■	■	■
T	E	N	T	■	E	A	R	■	K	N	E	W
■	■	■	S	C	R	A	M	■	E	V	E	■
P	E	N	T	H	O	U	S	E	■	W	E	D
O	M	A	H	A	■	B	E	E	■	E	R	G
D	U	P	E	D	■	A	R	K	■	L	Y	E

Sudoku

		5					9	7
	9	1		3	7			
2			5					
8		4	6		3			
	1						4	
			2		1	6		3
					8			4
			9	5		2	7	
9	7					1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	5	6	9	3	4	8	2	7
8	7	4	5	6	2	9	3	1
2	3	9	7	1	8	6	4	5
9	2	5	6	4	7	3	1	8
4	1	7	2	8	3	5	6	9
6	8	3	1	9	5	4	7	2
3	4	1	8	2	9	7	5	6
7	6	8	4	5	1	2	9	3
5	9	2	3	7	6	1	8	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Everyone, It's spring! Smile at your neighbours! Hold open doors! Help little old ladies cross the street! Chase the winter blues away!
FROM THE GIRL SMILING WHILE SHE WALKS DOWN THE STREET

Michelle M. I miss you. I think about you all the time. Kisses. **TIM**

Chadie: you are the best thing that has happened to me. I love you very much and always will, you are sweet, kind and caring. You mean the world to me and I wish I was as good as a person as you are. Love **SARBEAR**

Rana, you are not only my wife, but also my best friend. I love you more than words can describe. My love for you has no limits. Your my life. From your husband and best friend **ESSA**

A look at the weather

TODAY	WEDNESDAY	WEDNESDAY
Min -7° Max -3°	Min -6° Max -1°	Min -9° Max -2°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You feel like you can take on the world and win, and there's no doubt you are right. You'll have the confidence to try things that most other people don't even dare dream about.

♉ Taurus April 21-May 21 You are paying too much attention to what other people are saying and not enough to what your own heart is telling you. You don't need advice or assistance today..

♊ Gemini May 22-June 21 Something you have been worrying about for quite some time will no longer bother you as from today. Why? Because at last you know what really matters – and it has nothing to do with money.

♋ Cancer June 22-July 22 Today you have the courage and the energy you need to make your mark on the world. Put yourself forward and let those in positions of authority know you are special.

♌ Leo July 23-Aug.23 There may be an upset or two today but if you adopt a positive attitude they will pass over your head. What you need most right now is a sense of humour.

♍ Virgo Aug. 24- Sept. 22 There is no point arguing with people who refuse to see sense. It may be tempting to show them up with your superior knowledge but why bother? Put your time and your energy to good use today — and let others do as they please.

♎ Libra Sept. 23-Oct. 23 You may have oodles of energy and a whole load of plans but be warned you'll be chasing events today rather than leading them. The most important thing is that you stay calm.

♏ Scorpio Oct. 24-Nov. 22 You may find it hard to be patient today but you won't get anywhere if you lose your temper. Also, if your get annoyed you could do yourself physical or emotional harm.

♐ Sagittarius Nov. 23-Dec. 21 You can expect some kind of breakthrough today and it may well be the sort that you remember well into your old age. Don't just dream of doing something – make the effort and get started.

♑ Capricorn Dec. 22-Jan. 20 You must get the support of loved ones before embarking on a brand new adventure. The best way to do that is to convince them that what you desire for yourself will also be good for them.

♒ Aquarius Jan. 21-Feb. 18 Today you will start the week at a gallop, and then go even faster. You won't waste a second on activities that don't take you closer to your goal.

♓ Pisces Feb. 19-March 20 You may be cautious by nature but you can move fast when you have to and the current cosmic set-up will help you make decisions and then follow them up with action. There's money to be made. **SALLY BROMPTON**

Caption contest

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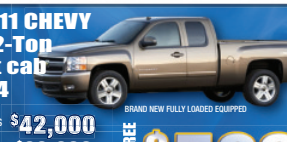

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